

# Transformed By Christ Ministries

## Counseling Agreement

Please read the following before becoming a participant in TBC's counseling ministry. If you agree with the statements herein, please sign and then call to schedule your appointment. Bring this form with you to your first appointment.

### Counseling Model

**Our counseling approach is called "spiritual coaching" which consists of a spiritual/educational perspective. It is geared for believers who have, by faith, trusted in Christ for forgiveness of sins and received eternal life. It is also for those who desire to do so.**

Personal spiritual coaching with TBC Ministries is based on a perspective referred to as "Christ-as-Life" (John 10:10b, 15:5; Galatians 2:20). When an individual participates in this model of counseling, it is expected that his/her desire is to mature in Christ and to know Him more intimately. This perspective will be the focus of all counseling, individual or marital. Our belief is that there is a spiritual issue underlying the presenting problem. Therefore – the focus of our spiritual coaching is not on behavior change – but on spiritual transformation of the individual.

There is a specific process that is involved in this model of counseling for individuals and couples. It begins with **identifying the problem, getting a personal history, diagnosing the problem from a biblical perspective and establishing goals for counseling.** The process includes **identifying wrong beliefs and defeating behaviors** that are contributing to the presenting problem and affecting relationships. After this, each person will be introduced to the **Christ-as-Life solution.**

### Counseling Credentials

All one-on-one ministry is provided by a Staff or Non-staff Personal Advisor, not a therapist. Staff and Non-staff spiritual coaches are not required to be trained in psychiatric or psychological therapy. Non-staff spiritual coaches are supervised by a trained staff member of Transformed By Christ Ministries. The Staff and Non-staff spiritual coaches have received training in the Christ-as-Life model of biblically-based counseling, as well as training in listening and helping skills.

Assignments will be given to help you relate to God and apply His Truth to your specific needs. Although each person is unique and has their own unique set of circumstances, God's solutions are basic to all Christians. Each person will be helped to understand their identity in Christ and His sufficiency for meeting all of their needs. An essential part of Biblical counseling is helping the individual to change from depending on his/her old ways to relying on Christ to live through them; which, in time, brings about an outward change. This involves addressing issues such as anger, forgiveness, self-sufficiency, the purpose of problems and adversity and the need for personal "brokenness" and surrender. Throughout the counseling process, each person is encouraged to trust in Christ and rely on the Holy Spirit to bring about inward transformation as they face daily challenges.

**The personal assignments are an integral part of the change process. Counseling will not be effective if the assignments are not accomplished. Expect to come for counseling appointments only after the completion of the current assignment.**

Those who decide to come for marriage counseling must understand that a spouse is not allowed to participate if said participation is the result of an ultimatum given by the other spouse. Both must agree to our stated perspective. It must be understood that, in marriage counseling, the solution will not include giving hope that the other spouse will change.

**We do not accept court-mandated counseling clients.**

Regarding children/family counseling, we will not participate in child custody issues or any issues that involve us as participants in court proceedings or may result in court proceedings in the future. In these circumstances, referrals will be given.

**Those who participate in counseling are required to:**

1. **Attend** all sessions and **be on time**.
2. Have a heart's desire **for knowing Christ and for growing to maturity in Him**, because *our counseling model is based on this* - and *does not* focus, primarily, on behavior modification, self-improvement or "dos" and "don'ts". The Spiritual focus is on **an inward change of the PERSON and being transformed by the renewing of the mind**.
3. Understand that behavioral changes such as **communication skills, problem-solving techniques, and anger management strategies will not be considered the solution** to your problems. **Personal transformation in Christ** is the **only answer and hope** for **relational as well as personal issues**.
4. It is important that you participate in counseling because you have a desire for God to change you and **not just because a spouse or another person is expecting it**. **Do not expect your personal healing and peace to depend on your circumstances, your spouse or on another person's changing**. Your fulfillment and freedom from emotional pain is to be found **only in understanding God's grace, your identity in Christ, and in pursuing a dependent and intimate relationship with Him**.
5. **It is vital that you complete weekly assignments**. In the counseling process, each session builds upon the previous session and *upon the personal assignments given*. *Assignments* may involve an hour + per week and may include reading, writing, listening to a CD and/or viewing a DVD, doing relational exercises, or all of the above.
6. Realize that the purpose of counseling **will not be to change another person** with whom you are in relationship. However, allowing God to change *you* will change the way you relate to the others.
7. There is **no charge for counseling sessions** at TBC. Our desire is to minister to all who have a need regardless of ability to contribute. For those who are able, **donations are deeply appreciated**. Your gifts enable us to provide life-changing ministry to those without means. Suggested donation: \$30-\$50 per session.

I HAVE READ THE PRECEDING INFORMATION, UNDERSTAND MY RIGHTS AS A COUNSELEE, AND GIVE PERMISSION FOR MY SPIRITUAL COACH TO RECEIVE SUPERVISION REGARDING MY CARE. TRANSFORMED BY CHRIST MINISTRIES, ITS STAFF AND/OR VOLUNTEERS WHO PARTICIPATE IN MY MINISTRY PROCESS WILL NOT BE HELD LIABLE UNDER ANY CIRCUMSTANCES. I HEREBY WAIVE ALL RIGHTS TO BRING SUIT AGAINST TRANSFORMED BY CHRIST MINISTRIES, ITS STAFF OR VOLUNTEERS FOR ANY DAMAGES ARISING, DIRECTLY OR INDIRECTLY, FROM ANY PHYSICAL, EMOTIONAL, OR MENTAL ILLNESS OR PSYCHOLOGICAL PROBLEM I MAY NOW HAVE OR MAY DEVELOP IN THE FUTURE.

I HAVE READ THE ABOVE MINISTRY AGREEMENT, UNDERSTAND IT, AND AGREE TO THE CONDITIONS OF PARTICIPATING AS A COUNSELEE IN SPIRITUAL COUNSELING. I ALSO AGREE TO COMPLY WITH THE EXPECTATIONS LISTED ABOVE.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_